

## Support Organisations for those experiencing suicidal or distressing thoughts

The person who gave you this leaflet is concerned about you how you might be feeling and that you might harm yourself. When you are so distressed it can be hard to believe that someone you may not know that well can care about your situation

If you need support there are organisations that can help you, and want to help you.

### Your local GP Surgery:

- Your GP will want to help you cope with what's going on in your life and help you find ways to manage and find answers to your problems. They will be able to sign post or refer you for further help including talking therapies
- **Samaritans** –24 hour phone service - 08457 909090 providing emotional support to anyone in emotional distress or struggling to cope.  
4 Emmanuel Road Cambridge CB1 1JW. Usual hours open to receive callers at the door: 10:30am - 10:00pm

### Organisations in Cambridgeshire that can help

- **LIFELINE** - Phone no. 0808 808 2121. [www.lifecraft.org.uk](http://www.lifecraft.org.uk). A free phone confidential support service. Lifeline supports people experiencing emotional distress by providing guidance through a crisis, and someone to talk to. 7pm – 11pm Everyday
- **MIND** Phone no Monday – Friday 9am-5pm  
Phone number : 01223 311 320 / 01480 470 480. [www.mindincambs.org.uk](http://www.mindincambs.org.uk)  
Offers advice and help on all types of mental health issues. Also offers counselling. Monday – Friday 9am-5pm
- **Centre 33** - Free Counselling Centre for **people under 26 years**. 10am-5pm Mon-Weds 10am-1:30pm Fri-Sat  
Closed Thursdays, Thursday afternoons, counselling in Ely.  
33 Clarendon Street, Cambridge CB1 1JX  
Phone no. 01223 316 488. [www.centre33.org.uk](http://www.centre33.org.uk).
- **The Cogwheel Trust** - Charity that provides a range of **counselling and psychotherapy** services. Monday – Friday 9am-5pm (Admin Office Hours) Appointments are available later on some days.  
47 Norfolk Street, Cambridge CB1 2LD  
Phone no. 01223 464 385. [www.cogwheel.org.uk](http://www.cogwheel.org.uk)
- **Cruse Bereavement Helpline** –Free sSupport for people who have lost loved ones. Monday to Friday 9.30am -5.00pm  
Phone no. 01223 302 662. [www.cruse.org.uk/Cambridge](http://www.cruse.org.uk/Cambridge)
- **Relate** - Relationship and sexual problems counselling. If you want to talk to a counsellor on the telephone, call Relate Direct on 0300 100 1234. The telephone line is open on Monday to Thursday: 8am to 10pm, Friday: 8am to 6pm and Saturday: 9am to 5pm (excluding Bank Holidays).  
Phone no. 01223 357 424. [www.relatecambridge.org.uk](http://www.relatecambridge.org.uk)
- **Drugs and Alcohol Service: Inclusion**. “A united and integrated recovery service delivering respectful services for people in Cambridgeshire “. Mon-Fri 9am-5pm.  
Phone no. 0300 555 0101. [www.inclusion-cambridgeshire.org.uk/access-support/](http://www.inclusion-cambridgeshire.org.uk/access-support/)
- **OCD UK Advice line** Mon –Fri 9 am to 5pm. Tel. no. 08451203778. [www.ocduk.org-](http://www.ocduk.org-) information and self-help with obsessive compulsive disorder.

- **BPS: British psychological service** – Find a psychologist for counselling. A directory of psychologists available according to your location. [www.bps.org.uk](http://www.bps.org.uk)
- **BACP** – Find local counsellors. [www.bacp.co.uk](http://www.bacp.co.uk)

**Websites: Often link to a variety of sources of on line information, organisations and support**

- [www.cpft.nhs.uk](http://www.cpft.nhs.uk) - Cambridgeshire and Peterborough Foundation NHS Trust Website with access to self help and support.
- [www.guidetoroughtimes.co.uk](http://www.guidetoroughtimes.co.uk)- A guide for **young people** in Cambridgeshire to look after their emotional wellbeing lots of advice and local sources of help for different problems eg divorce eating disorders bullying etc.
- [www.camstudenthealth.nhs.uk](http://www.camstudenthealth.nhs.uk)- **Student** health website offering information and resources on a wide range of health issues
- [info@depressionuk.org](mailto:info@depressionuk.org)- A national mutual support group for people suffering with depression and other mental health problems. Has a large amount of information on support groups for **financial help, self- harm, sexual abuse** etc.
- [www.selfharm.co.uk](http://www.selfharm.co.uk)- A project dedicated to supporting young people who are affected by **self-harm**. A support group and information.
- <http://www.thecalmzone.net/>- A website for the mental wellbeing of men only.
- [www.mind.org.uk](http://www.mind.org.uk) - National Mind
- [www.rcpsych.ac.uk/](http://www.rcpsych.ac.uk/)- Royal College of Psychiatrists contains information and advice on all types of mental illness.
- [www.moodjuice.scot.nhs.uk](http://www.moodjuice.scot.nhs.uk) – Information and self-help advice line for **anxiety** management.
- [www.nhs.uk/advice](http://www.nhs.uk/advice) Advice for adults on management of **anxiety**.
- [www.fearfighter.com](http://www.fearfighter.com) Fear fighter 01212881904 self-help management with **anxiety**
- <https://moodgym.anu.edu.au/welcome> - Mood Gym - Therapy to deal with depression

**Family Support Websites:**

- [www.rethink.org/siblingforum](http://www.rethink.org/siblingforum)
- [http://www.youngminds.org.uk/for\\_parents/whats\\_worrying\\_you\\_about\\_your\\_child/self-harm?gclid=CPTL\\_o-H\\_LICFSPHtAodfzIAwQ](http://www.youngminds.org.uk/for_parents/whats_worrying_you_about_your_child/self-harm?gclid=CPTL_o-H_LICFSPHtAodfzIAwQ)
- <http://www.dh.gov.uk/health/files/2012/09/Sources-of-information-and-support-for-families.pdf>

**Refuge and Cambridge Women's Aid - [www.womensaid.org.uk](http://www.womensaid.org.uk)**

- **Cambridge Outreach** - Phone no. 01223 361 214. Outreach: Mon-Fri 10am-5pm  
Refuge – Phone no. 01223 460 947. Refuge: Mon-Fri 9:30am-6pm
- **Out of Hours Emergency Help** – Phone no. 07730 322 098. 24 Hour. **National Helpline** – Phone no. 0808 2000 247. 24 Hour.

**So, Can I Help Myself?**

Yes! Make a safety plan for yourself. This includes what you can do for yourself and who you can speak to if you need support. The above organisations are for people who are distressed, are experiencing suicidal thoughts or who self-harm and their families. There are people who do want to listen and understand, don't suffer in silence.

<http://www.getselfhelp.co.uk/>